Obesity in children is a very dangerous problem the parents are facing in these days. It means that the person eats calories more than the his/her need. This problem has escalated recently because of the bad eating habits and the laziness.  
  
Obesity cause lots of problems. First, It makes children inactive. Children don't care about what they are eating and how much calories they are eating . In the same time they don't move or do some sports because of the availability of the electronic games. Also, the obesity could affect on the child's social life and cause a depression. The child will be shy of his body and will not play with other children .Moreover, The most effective and serious problem of the obesity is in the health part. The fatness could bring dangerous disease that will slow down the growth of the children.  
  
Nevertheless, there are many suggested solutions for this problem. One of the solutions is that parents should organize what their children are eating. They should always give their children healthy foods and don't let them eat lots of chocolates. In addition, parents can give the children sport games in the free times. Sports activities will burn more calories and will make children's health better. However, these actions will not be easy for parents because most of the children will not accept them. Here, doctors and teachers can play important roles by giving the children useful advices.  
  
After all, the obesity is a serious situation in our world and it's really harming the children. If it's not handled properly it will be a disaster, and it will kill those children too. Everybody should work together and try to stop this from growing up, or it will be very difficult to control.